

HEALTH/NUTRITION AWARENESS

Anyone desiring nutritional information may contact the Command Fitness Leader (CFL) or Medical Dept.

Remedial Physical Training

WHO:

In accordance with OPNAVINST 6110.1F. All members who fail any portion of the semi-annual Physical Fitness Assessment (PFA) will be required to participate in the Fitness Enhancement Program (FEP) for one year.

WHEN:

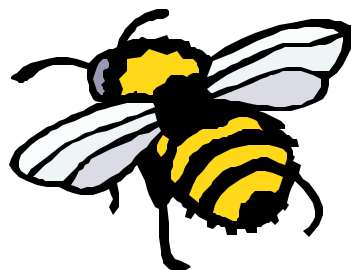
Two times per week on Tuesday and Thursday before/after normal working hours. Attendance is mandatory. Your attendance and progress will be evaluated. FEP is considered assigned duty.

Failure to report to your place of duty can result in disciplinary action.

WHAT:

Members will be required to perform muscular strengthening endurance activities and minimum 30 minutes of aerobic activity. Required to weight in complete Body Composition Assessment bi-monthly with CFL.

All members who are mandated to participate in FEP are required to have a medical evaluation, prior to reporting to program. The evaluation is executed to determine if there are any underlining medical conditions that would cause harm to the service member..



Battalion Goals

- * **Zero Failures**
- * **Improved fitness for entire Battalion**
- * **Diverse PT program promote healthy lifestyle**
- * **Provide challenge for all**
- * **Promote Leadership, Teamwork and Esprit de corps**

Naval Mobile
Construction
Battalion
FOUR
Port Hueneme, CA



PHYSICAL
READINESS
PROGRAM

OUR MISSION:

Aggressively integrate physical readiness activities into the regular work week while meeting the mission and operational requirements. Produce and maintain a physically fit mission capable, ready Battalion.

Specifically we shall:

1. Promote **Teamwork, Leadership, Espirit de corps** and build **unit cohesion**. Improve on small unit leadership in the execution of the Battalion's overall physical readiness.
2. Establish a Physical Readiness Program (PRP) that provides a variety of safe, challenging, and fun activities.
3. Provide all personnel with a progressive (PRP) that addresses **Health, Nutrition, and Physical Conditioning**

FORMAT:

Mandatory three times per week (Monday, Wednesday, and Friday)

Battalion-wide on Monday and Wednesday.
Company-wide aerobic sports on Friday.

TIME:

0600 on Deployment
0700 in Homeport

PT ROUTINE:

1. Calisthenics: stretching muscular strengthening, muscular endurance 15-20 mins.
2. Aerobic activity/run 30 mins.
3. Cool-down 5-10 mins.

NOTE:

On battalion wide PT days the battalion will provide an exercise routine for all personnel. The companies have the responsibility to control and manage their personnel and ensure they take full advantage of the routine provided.

VARIETY:

On Fridays, other forms of aerobic exercise can and should be substituted for the run provided that all members participate for the prescribed period of activity.

PRESCRIBED UNIFORM

In accordance with PT Instruction NMCB FOUR prescribed physical training gear as follows:

SHIRT: Navy issued brown T-shirt on Monday and Wednesday. Gold T-shirts obtained for scoring an outstanding on the PRT, SCWS Green T-shirt, or battalion logo T-shirts may be worn on Fridays.

SHORTS: Navy blue shorts prescribed by U.S. Navy. Navy blue or black spandex may be worn beneath shorts if desired provided that it's not longer than 2" above the knee.

SWEATS: Navy blue sweat top and pants with the Navy circular logo on the chest and NAVY on the left pant leg. Plain blue sweats with no markings or boot camp issued sweats are acceptable alternatives.

UNDERGARMENTS: Required

SOCKS: Plain white athletic.

HATS: Optional - if worn must be Navy blue ball caps with appropriate U.S. Navy/NMCB FOUR logos only.

LAYERED CLOTHING: Permissible for warmth as long as not visible (no turtlenecks, boxer shorts longer than PT shorts, etc.